



Dragon Medics



News and Information for members of the 44th Medical Command (Airborne)

July 2006

Commander's Message



BG Philip Volpe

Greetings! It's July already. July 27th is the 231st Birthday of the Army Medical Department (27 July 1775). Happy Birthday AMEDD --- and thank you for all the many lives you saved and touched for over 2 centuries of "service above self" to our Nation's sons and daughters who fought {and fight today} for our freedoms and liberties. The AMEDD was established 6 weeks after the Army was established (14 June 1775). Both were established about a year before our Nation was born (4 July 1776). On Ft Bragg, AMEDD personnel will commemorate this occasion with a couple of events shared by all activities. I am looking forward to participating and joining you. First: On the morning of Thursday, 27 July, AMEDD Soldiers will participate in a Ft Bragg AMEDD B-Day Run with participants from the 44th MEDCOM, Womack Army Medical Center, 82nd Airborne Division, DENTCOM, VETCOM and the US Army Special Operations Command. Second: On the evening of Friday, 28 July, we will host a Ft Bragg AMEDD B-Day Ball. The Army's 41st Surgeon General, LTG Kevin C. Kiley, will be our Special Guest. Here is the information and your invitation (open to everyone) --- and I hope similar events are being planned at our other installations for those who cannot make it to Ft Bragg.

I cordially invite you, your Soldiers, and guests to the 2006 Fort Bragg AMEDD Birthday Ball "Celebrating 231 Years of Military Medicine on Freedom's Frontiers" on Friday, 28 July at the Fort Bragg Officer's Club. The evening is sure to be lively, entertaining and educational with special displays from each of the AMEDD Branches and Battle Operating Systems, depicting the many historic and monumental contributions of the AMEDD to military and civilian medicine for more than two centuries. Special highlights of the evening include a presentation of the AMEDD Historic Uniforms and entertainment by the outstanding 82nd Airborne Division Chorus. LTG Kevin Kiley, Surgeon General and Commander, US Army Medical Command, will join us as our guest speaker at what is sure to be the best AMEDD event of the year.

Tickets are available through your unit representatives from Womack Army Medical Center, USASOC, DENTAC, Corps Surgeon, 82nd Airborne Division, and all 44th MEDCOM units. For more information, please contact MAJ Heather Kness, heather.kness@us.army.mil or (910) 396-5556.

I hope your Summer is going well and that you and your family & friends are able to enjoy the many outdoor activities and events of the season. Although the weather is gorgeous, it is at the same time dangerous if precautions are not taken. Because of the heat, humidity and direct sunrays each of us needs to ensure we are staying fit, healthy and safe. Consume water throughout the day, get your appropriate daily sleep/rest, eat small frequent meals, limit alcohol consumption, exercise regularly {but smartly too} and avoid strenuous activities during the "heat" of the day --- in order to maintain your proper body fluids and nutritional state --- to prevent acute and chronic dehydration --- and decrease the likelihood of becoming a HEAT INJURY. All heat injuries are preventable!!! Also, don't forget to minimize your exposure to direct sunlight and use sunscreen as appropriate to prevent sunburn --- and especially keep on eye on your young children who are exceptionally vulnerable to the damaging effect of the sun's ultraviolet rays.

There is lots going on throughout the 44th MEDCOM and I want to take a few minutes to share some thoughts with you in my comments --- with the hope that you will read the superb information on the pages that follow in this July issue of our Newsletter.

TRAVELS: With the summertime here, many of us will be traveling on weekends and while on leave or pass. We lose too many great Soldiers and family members in car and motorcycle accidents --- because of reckless habits and behaviors. Don't become a victim! Do the right thing. Be safe! Be safe for yourself and for others! Your life is too special and too precious to risk it away!

1. Ensure your POV is safe to operate and that you have the proper safety equipment with you while traveling. A little PMCS goes a long way to ensure your trip goes smoothly without a hitch. Plan ahead!

2. Do not speed. Plan your trip in advance so you can take the proper travel time to get to your destination. Speed kills!

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3. Don't consume any alcohol before driving a car or riding a motorcycle. Never drive after drinking alcohol!
4. Get rest before traveling medium & long distances. Drowsiness and falling asleep at the wheel is a leading cause of fatality on US highways. Be rested!
5. Know your medications and ensure they do not make you drowsy --- so you can avoid them if you need to drive a vehicle. If you must take these prescription medications, then make other plans and have someone else do the driving. Be alert!
6. Never use a phone --- car phone, cell phone, any phone --- even hands-free phones --- while operating a vehicle. Distractions from the task at hand can rapidly result in accidents. Concentrate on driving. Avoid distractions!
7. Always wear a seatbelt. All passengers should wear seatbelts at all times. Seatbelts save lives. Use them!
8. Helmets and Reflector Vests must be worn when riding motorcycles or All-Terrain Vehicles. Motorcycle and ATV accidents are on the rise in the Army --- and many deaths and permanently paralyzed Soldiers have resulted.

To summarize, the leading cause of vehicular accidents are fatigue, speeding, alcohol consumption and distractions {sometimes in combination}. The leading contributing factors resulting in fatality even in minor accidents is failure to use seatbelts and failure to wear helmets. SEATBELTS, HELMETS and REFLECTOR VESTS are no-brainers. Use them all the time! Your safety is your responsibility. Your safety is our concern because your life and living it to the fullest is our hope.

HAILS and FAREWELLS: Many of you will be departing the 44th Medical Command because of the high summer turnover that occurs every year in our Army. I want to thank you for your service and contributions to the success of the 44th. I hope you had a positive experience, that you learned a lot, and that you depart with a sense of satisfaction and pride in your accomplishments. We wish you safe and healthy travels. Best wishes for your continued success on all your future endeavors. May God's blessings always be with you. We also have many new folks joining our ranks. I want to welcome all newcomer Soldiers and families to the 44th MEDCOM. We will do everything we can to get you smoothly oriented and integrated as a part of our team. If you need assistance as you get settled in, please speak to your chain of command or fellow Soldiers so we can help in any way possible. Know our motto: "A Team of Teams; Ready, Relevant and Reliable!" Welcome. We look forward to serving with you.

INDEPENDENCE DAY CELEBRATION: The July 4th celebrations and a long holiday weekend should be a time of joy and remembrance. Please read the note below on the significance of this special day. Have a safe weekend and keep a special eye on the "kids" and the "fireworks" --- children and explosives do not mix well when unattended and unsupervised. Look out for the youngsters who are unable to look out for themselves.

Independence Day, or the Fourth of July, is the most important national holiday in the United States. It commemorates the formal adoption of the Declaration of Independence by the Continental Congress on July 4, 1776, in Philadelphia, Pennsylvania. The declaration, written by a committee headed by Thomas Jefferson, is an eloquent statement of the American colonies' intention to become an independent nation. It broke the formal ties between the colonies and Britain after the American Revolution had begun. The Independence Day celebration is a reminder of the ideals on which the nation was founded. Although the signing of the declaration was not completed until August 1776, the Fourth of July holiday has been accepted as the official anniversary of U.S. independence. It was not declared a legal holiday until 1941, however. Today it is celebrated in all states and territories of the United States.

IDENTITY THEFT: It's real, it is alarmingly real, and you can be vulnerable! Protect Yourself From Identity Theft!

If you think you have been a victim of Identity Theft or Fraud, act immediately to minimize the damage to your personal funds and finance accounts, as well as your reputation. Additional resources and information can be found at the Department of Justice website

www.usdoj.gov/criminal/fraud/idtheft.html.

OK: Enjoy the Summer. I am proud to serve with you. I am proud to serve our Nation everyday. Albert Einstein stated: "The world is a very dangerous place; not because of those who do evil; but because of those who look on and do nothing!" Thanks for serving. Thanks for doing something to make the world a better place for future generations. I wake up every morning thanking God for creating people like you who are willing to serve for the sake of freedom, liberty and human dignity. I am a very fortunate and blessed Soldier to have this opportunity to serve with you. Thanks. Many regards. God Bless.-**BG Phil Volpe**



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CSM's Message

The 555th Parachute Infantry Association holds a yearly scholarship drive to aid young adults who plan on furthering their education. With growing financial costs of the "College" life, this scholarship has helped relieve the stress that tuition may incur. This year, the 44th MEDCOM team facilitated support with the scholarship drive through Southview High School. Based on certain criteria - GPA, active community involvement, and extracurricular activity - the Triple Nickel grants \$1,000 scholarship to two outstanding students per school area.

I would like to extend a heartfelt thanks to the entire 44th MEDCOM community. Through your hard work and giving spirit we not only met the standard...but far exceeded the standard. The 44th MEDCOM team raised enough money to support two graduating seniors from Southview High. We exceeded the standard, in the fact, that we also raised enough money to support three candidates for next years' drive. I am speechless of your generosity to America's youth...I could not be prouder of the mighty Dragon Medics.

TRIPLE NICKEL SCHOLARSHIP AWARDEES

KIARA FORTUNE: I was born in Atlanta, Georgia to Philip and Sandra Fortune. We moved from Georgia to Virginia, where my sister was born, and then to Fayetteville, North Carolina, where both of my parents were honorably discharged from the military as veterans. I attended Cumberland Mills Elementary, Village Christian Academy, and was home schooled while we lived in Fayetteville. We then moved to Hope Mills where I attended Hope Mills Middle School for eighth grade. Most of my ninth grade year, I was home schooled again until I asked to go to public school so that I could learn with my friends. I wanted to go to public school so that I could be in the clubs that they were in such as Tigers for Christ.

I then enrolled in South View High School and in tenth grade, joined the International Baccalaureate (I.B.) Academy. I will graduate this year as a certificate candidate in English, Spanish, Math, and History. I was also named a North Carolina Academic Scholar. I am active in church as a Children's Church Teacher and in the adult choir.

Once I graduate, I plan to attend the University of North Carolina at Pembroke and earn my Bachelor's degree in teaching. I am also thinking about going to Gateway College of Evangelism in St. Louis, Missouri after I earn my Bachelor's in teaching, to earn a minor in music as I love to sing and play piano. Through teaching, I am hoping to make a difference in somebody's life.



Jelena Shaw



Kiara Fortune

JELENA SHAW: I was born in Fayetteville, NC to Evelyn Shaw and John Jones and I have resided in Hope Mills all of my life. I have a brother, Marcus Shaw, who is my mother's child. Between birth and fifteen years age I lived in the Gray's Creek area and I attended Gray's elementary, South View middle for sixth and seventh grade, Gray's Creek middle for eighth and South View high which is where I will graduate from in June 2006. I still resided in the Gray's Creek area when I began attending South View, so I joined the International Baccalaureate program until I moved into the district my sophomore year, which is where I remain.

Some academic awards that I have received are Student of the Year 2002-2003, Academic Excellence in Parenting and Child Development in 2003, the Career and Technical Education Award in 2004-2005, and I was one of eleven chosen for Outstanding Senior. On the athletic grounds I was selected 2nd Team All-Conference 2003, 2004, and 2005 for softball; All Region Team 2005 for softball; 1st Team All Conference 2005 for volleyball, All Tournament Team 2005 for volleyball and Most Valuable Player 2005 in volleyball. I received the Coaches Award in basketball 2005-2006 and was the Coming Home Female Athlete of the Year 2006.

My achievement are being accepted at the University of North Carolina at Chapel Hill, the University of North Carolina Greensboro, and the University of North Carolina Pembroke which is where I plan to continue my education and play softball.

One thing that I feel boosts my personality is that I work my hardest to achieve whatever it is that I set my mind to, and I strive for the best.



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Your Safety:

Why Seat Belts?

Have you ever asked yourself this question? We recently had some roadside inspections on many military installations across the nation and to be honest, we as Soldiers, have not been doing very well with seat belt use. Let me try to answer the question from the "What happens during a crash sequence" point of view. Every motor vehicle crash is actually comprised of three collisions:

The Car's Collision

The first collision is known as the car's collision, which causes the car to buckle and bend as it hits something and comes to an abrupt stop. This occurs in approximately one-tenth of a second. The crushing of the front end absorbs some of the force of the crash and cushions the rest of the car. As a result, the passenger compartment comes to a more gradual stop than the front of the car.

The Human Collision

The second collision occurs as the car's occupants hit some part of the vehicle. At the moment of impact, *unbelted* occupants are still traveling at the vehicle's original speed. Just after the vehicle comes to a complete stop, these *unbelted* occupants will slam into the steering wheel, the windshield, or some other part of the vehicle interior. This is the human collision.

Another form of human collision is the person-to-person impact. Many serious injuries are caused by *unbelted* occupants colliding with each other. In a crash, occupants tend to move toward the point of impact, not away from it. People in the front seat are often struck by *unbelted* rear-seat passengers who have become high-speed projectiles.

The Internal Collision

Even after the occupant's body comes to a complete stop, the internal organs are still moving forward. Suddenly, these organs hit other organs or the skeletal system. This third collision is the internal collision and often causes serious or fatal injuries.

So, Why Safety Belts?

During a crash, properly fastened safety belts distribute the forces of rapid deceleration over larger and stronger parts of the person's body, such as the chest, hips and shoulders. The safety belt stretches slightly to slow your body down and to increase its stopping distance. The difference between the belted person's stopping distance and the *unbelted* person's stopping distance is significant. It's often the difference between life and death.

YOU MAY ONLY NEED SEAT BELTS ONCE. BUT WHICH ONCE?



Your Health:

Men & Women Health Tips

Eat Healthy

"An apple a day keeps the doctor away." There's more truth to this saying than we once thought. What you eat and drink and what you don't eat and drink can definitely make a difference to your health. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet, and watch how much you eat.

Maintain a Healthy Weight

Obesity is at an all time high in the United States, and the epidemic may be getting worse. Those who are overweight or obese have increased risks for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke. Eat better, get regular exercise, and see your health care provider about any health concerns to make sure you are on the right track to staying healthy.

Get Moving

More than 50 percent of American men and women do not get enough physical activity to provide health benefits. For adults, thirty minutes of moderate physical activity on most, preferably all, days of the week is recommended. It doesn't take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and don't overdo it. You can develop one routine, or you can do something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.

Be Smoke-Free

Health concerns associated with smoking include cancer and lung disease. Smoking triples the risk of dying from heart disease among those who are middle-aged. Second-hand smoke - smoke that you inhale when others smoke - also affects your health. If you smoke, quit today! Helplines, counseling, medications, and other forms of support are available to help you quit.

Get Routine Exams and Screenings

Sometimes they're once a year. Other times they're more or less often. Based on your age, health history, lifestyle, and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, and cancers of the skin, prostate, and colon. When problems are found early, your chances for treatment and cure are better. Routine exams and screenings can help save lives.

Get Appropriate Vaccinations

They're not just for kids. Adults need them too. Some vaccinations are for everyone. Others are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain health conditions. Protect yourself from illness and disease by keeping up with your vaccinations.



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Your Health:

Legal:

Manage Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. What's your stress level today? Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.

Know Yourself and Your Risks

Your parents and ancestors help determine some of who you are. Your habits, work and home environments, and lifestyle also help to define your health and your risks. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.

Be Safe - Protect Yourself

What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, or having smoke detectors? It's all of these and more. It's everything from washing your hands to watching your relationships. Did you know that men at work die most frequently from motor vehicle incidents, machine-related injuries, homicides, and falls? Take steps to protect yourself and others wherever you are.

Be Good to Yourself

Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.



Soldiers' Rights Under Military Law

1. Under Military Law Soldiers have the same rights against self incrimination as civilians. This right is covered under Article 31 of the Uniform Code of Military Justice, and includes:

- The right to know the general nature of the suspected offense. The interviewer must be specific enough so that the suspect understands what offense you are questioning him/her about.
- The right to remain silent.
- The right to be advised of the consequences of making a statement.
- The right to counsel.

2. Any person subject to the UCMJ must advise another individual of their Article 31 rights if they suspect that person of a criminal offense, and they are interrogating the person as part of an official law enforcement investigation or disciplinary inquiry.

3. Article 31 Rights must be given whenever there is Interrogation. Interrogation includes any formal or informal questioning in which an incrimination response is either sought or is a reasonable consequence of such questioning.

4. Rights Advisement must be understood and acknowledged by the suspect. The suspect must affirmatively acknowledge understanding of the rights, and affirmatively waive his/her rights consent to make a statement without counsel present.

5. If the individual indicated a desire to remain silent, cease questioning.

6. If the suspect requests counsel, stop all questioning. Inform Trial Defense Service. When a suspect requests counsel during an interrogation, no more questions can be asked until counsel is present or suspect has obtained legal consultation.

7. If the individual waives his/her rights and agrees to talk when possible: obtain the waiver in writing and have a witness available; try to get the statement in writing (handwritten is best); if, after electing to talk, the suspect changes his/her mind, stop the questioning; prepare a memorandum for the record (MFR) immediately after the session ends.

8. All commanders, First Sergeants and supervisors should become familiar with DA Form 3881, Rights Advisement and Waiver. This form should be completed when an interview/interrogation takes place.

9. Any questions concerning conducting interviews, Rights Advisement, or DA Form 3881 should be addressed to your Legal Office.



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Equal Opportunity



Troops to undergo ethical training

The order from Lt. Gen. Peter Chiarelli, the commander of Multinational Corps Iraq, said the training would emphasize "professional military values and the importance of disciplined, professional conduct in combat" as well as Iraqi cultural expectations..(armytimes.com)

Many people know what the words Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage mean. But how often do you see someone actually live up to them? Soldiers learn these values in detail during Basic Combat Training (BCT), from then on they live them every day in everything they do—whether they're in garrison or deployed in combat. In short, the Seven Core Army Values listed below are what being a Soldier is all about.

Loyalty

Bear true faith and allegiance to the U.S. constitution, the Army, and other soldiers.

Duty

Fulfill your obligations.

Respect

Treat people as they should be treated

Selfless Service

Put the welfare of the nation, the Army, and your subordinates before your own.

Honor

Live up to all the Army values

Personal Courage

Face fear, danger, or adversity, both physical and moral courage.

THE LAW OF WAR & COMMAND RESPONSIBILITY

In the U.S. Army, our commanders are bound by the doctrine of Command Responsibility and may be held accountable for the acts and omissions of their subordinates. Serious crimes committed by soldiers during war may be characterized as grave breaches of the Geneva Conventions and if so could properly be described as "war crimes." By Army regulation, commanders can be held criminally liable for their subordinates crimes if they knew, or should have known, or failed to take the necessary and reasonable steps in insure compliance.

Commanders take the first step to meet the obligation to "take necessary and reasonable steps" by conducting unit training in accordance with Appendix C of the new Fort Bragg Training Regulation (FB 350-1) on an annual basis.

The Fort Bragg regulation consolidates all of the Army's requirements for Law of War and Rule of Engagement training into one document that specifically outlines the commander's responsibilities known as "The Soldier Rules" from AR 350-41 and they are the following:

- Soldiers fight only enemy combatants
- Soldiers do not harm enemies who surrender. They disarm them and turn them over to their superior.
- Soldiers do not kill or torture enemy prisoners of war.
- Soldiers collect and care for the wounded, whether friend or foe.
- Soldiers do not attack medical personnel, facilities, or equipment.
- Soldiers destroy no more than the mission requires.
- Soldiers treat civilians humanely.
- Soldiers do not steal. Soldiers respect private property and possessions.
- Soldiers should do their best to prevent violations of the law of war.
- Soldiers report all violations of the law of war to their superior.

44th Medical Command Equal Opportunity Advisor:
SFC (P) Pinkney

Contact Information: Office 910-396-8006

Cell 910-303-3877

"Respecting Diversity and Maximizing Human Potential"



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Family Readiness Group Information

Protect Yourself From Identity Theft

(courtesy of the Dept. of Justice website)

If you think you've become a victim of identity theft or fraud, act immediately to minimize the damage to your personal funds and financial accounts, as well as your reputation. Here's a list -- based in part on a [checklist](#) prepared by the [California Public Interest Research Group \(CalPIRG\)](#) and the [Privacy Rights Clearinghouse](#) -- of some actions that you should take right away:

Contact the [Federal Trade Commission \(FTC\)](#) to report the situation, whether [Online](#), or by telephone toll-free at 1-877-ID THEFT (877-438-4338) or TDD at 202-326-2502, or by mail to Consumer Response Center, FTC, 600 Pennsylvania Avenue, N.W., Washington, DC 20580.

Under the [Identity Theft and Assumption Deterrence Act](#), the [Federal Trade Commission](#) is responsible for receiving and processing complaints from people who believe they may be victims of identity theft, providing informational materials to those people, and referring those complaints to appropriate entities, including the major credit reporting agencies and law enforcement agencies. For further information, please check the [FTC's identity theft Web pages](#). You can also call your local office of the [FBI](#) or the [U.S. Secret Service](#) to report crimes relating to identity theft and fraud. You may also need to contact other agencies for other types of identity theft:

Your local office of the [Postal Inspection Service](#) if you suspect that an identity thief has submitted a change-of-address form with the Post Office to redirect your mail, or has used the mail to commit frauds involving your identity;

The [Social Security Administration](#) if you suspect that your Social Security number is being fraudulently used (call 800-269-0271 to report the fraud);

The [Internal Revenue Service](#) If you suspect the improper use of identification information in connection with tax violations (call 1-800-829-0433 to report the violations).

For additional resources and information please visit The Department of Justice website (below).

<http://www.usdoj.gov/criminal/fraud/idtheft.html>



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Your Resource Management (DCSRM):

~ Latest Information on VA Data Security ~

Many of you are very familiar with the incident involving the laptop that was stolen in May from the home of a Veterans Affairs employee who, in violation of agency regulations, took it to a private residence. The data on this laptop contained social security numbers, names, addresses and dates of birth for up to 26.5 million veterans; including an estimated 1.1 million active-duty service members, 430,000 National Guardsmen, and 645,000 Reservists.

It is important to note that the affected data did not include any of the VA's electronic health records nor any financial information. The employee's home was burglarized, data was stolen, and the VA is now taking procedures necessary to dismiss the employee.

What 'precautions' should be taken?

At this point there is no evidence that any missing data has been used illegally. However, the VA is asking all affected groups to be extra vigilant and to carefully monitor bank statements, credit card statements and any statements relating to recent financial transactions. To assist you the VA has made a few resources available:

- individual notification letters sent to veterans containing Frequently Asked Questions and reporting of suspicious activity.
- a call center that may be used to get information and learn more about consumer identity protections @ 1-800-FED INFO (1-800-333-4636) 8 am to 9 pm (EDT), Monday-Saturday.
- or visiting the VA and Federal Trade Commission (FTC) website www.firstgov.gov.

If you should need to report suspicious activity, the FTC recommends the following four steps:

Step 1: Contact the fraud dept of one of the three major credit bureaus:

- Equifax 1-800-525-6285 or www.equifax.com
- Experian 1-888-EXPERIAN or www.experian.com
- Transunion 1-800-680-7289 or www.transunion.com

Step 2: Close accounts tampered with or opened fraudulently.

Step 3: File a police report where identity theft took place.

Step 4: File a complaint with the FTC @ 1-877-438-4338 or at www.consumer.gov/idtheft.

For tips on how to guard against misuse of personal information, visit the Federal Trade Commission website at <http://www.ftc.gov/>.

You do not have to close your bank account or cancel your credit cards. However, take steps to protect yourself against identity theft.

One way to monitor your financial accounts is to review your credit report. By law you are entitled to one free credit report each year. Request a free credit report from one of the three major credit bureaus mentioned above at www.AnnualCreditReport.com or by calling 1-877-322-8228.

Your Information Management (DCSIM):

What is a Common Access Card (CAC)?

CACs are electronic identification cards that store information about an owner and digital public key infrastructure or PKI certificates that help ensure individuals identity. <http://www.dmdc.osd.mil/smartcard>

Who can receive a CAC?

CACs are issued to personnel that are Active Army, National Guard, Army Reserve, DA Civilian, most Army contractors, or a member of another service.

What do I use a CAC for?

CAC is your military Identification Card. Registering your CAC will allow you to logon to the Army's unclassified network (required by 30 JUN 06 for all Army domains); send encrypted and digitally signed emails (through Outlook or another email client; currently unavailable for webmail); and login to AKO single sign on protected websites.

Why are CAC required to login?

Protecting identity is critical as the Army moves forward to deliver a joint net-centric, information enterprise. The Army's goal is to eliminate the use of usernames and passwords. Weak usernames and passwords are one of the greatest vulnerabilities of our networks. Usernames and passwords can be stolen. However, your CAC with your Personal Identification Number (PIN) cannot be stolen. Because of this, the Army has begun implementing Common Access Card Cryptographic Logon. CAC logon allows users to be authenticated with something they know--their PIN, and something they have--a CAC.

How do I use my CAC to logon?

Personnel accessing the Army's unclassified network will require a CAC and PIN, to logon. In addition, they must have the CAC reader (to include software) installed onto their government workstation. Once this goes into effect, access of the network from home or while on temporary duty will require a CAC reader and a computer. Anyone who has forgotten their PIN or enters an erroneous PIN three consecutive times while attempting to logon will need to have their PIN reset at the local ID Card Section.

What is the future of Army Knowledge Online (AKO) and CAC?

In the future AKO users will begin using CAC logon when accessing the AKO knowledge portal. Dependents, retirees and other AKO authorized users who are not issued a CAC are permitted to continue using their User ID and password until alternate means of network authentication is established. The army is working to resolve this issue.





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44th Significant Activities



(MAJ Stanfa-Brew, CW2 Barrow, MSG McCoy)

Mother's Day Celebration at Ardent Sentry

44th MEDCOM (with elements from the AMLs, Veterinary Services and 86th CSH) participated in exercise (Ardent Sentry) in which DoD assets are used to support the Lead Federal Agency to test our crisis-management capabilities to handle situations ranging from a major hurricane to a terrorist attack. (10-14 May 2006 at Selfridge ANG Base.)

Upcoming Events

- 7 Jul – DENTAC Change of Command
- 7 Jul – 261st ASMB Change of Command
- 11 Jul – Airborne Operation (TOT 1000-1500) C-130, Sicily Drop Zone
- 13 Jul – Airborne Operation (TOT 0300-0330) C17, Sicily Drop Zone
- 26-29 Jul – Strategic Planning Conference
- 28 Jul – CSM Franklin's Change of Responsibility
- 28 Jul – Ft. Bragg AMEDD Regimental Ball
- 8 Aug - 6th MLMC Change of Command
- 9 Aug – 9th AML Change of Command
- 15 Aug – 44th MEDCOM SAMC Board



Chaplain's Corner

Humility & Leadership

Recently, I was contemplating a quotation about humility. "A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them." Some have often thought that humility is synonymous with a low self image or a weak personality. I tend to think of humility as just the opposite. Perhaps humility is more about the art of knowing ourselves, our capabilities and our limitations. In Christian scripture, St. Paul describes this as resisting the temptation to think of ourselves more highly than we ought to think. But to successfully maintain humility we must have a certain amount of personal security about who we are. One teacher on leadership suggests, "One of the least talked about prerequisites for leadership is a strong sense of personal security. Without it, I sabotage myself and my organization. With it, I can handle mistakes with perspective, and have the ability to admit them, learn from them and fix them."

When those we lead bring problems to us, it is easy to resist admitting there is a problem if we are insecure. In marital counseling, it is not uncommon to encounter individuals who will not listen to their spouse because they are insecure and struggle with any kind of criticism that they feel might reflect on them. As a result, those they serve as a leader (i.e. their family) suffer. The same is true of us as soldiers. Regardless of the position of authority in which we currently serve, we need the humility and personal security to welcome feedback from those we lead and seek to understand before seeking to be understood. General Colin Powell once said, "The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership."

As I contemplate humility and its effect on personal awareness, I am reminded of a quote from Mark Twain that I recently used in one of the Thoughts for the Day. He said, "In Paris they simply stared when I spoke to them in French; I never did succeed in making those idiots understand their language." Twain's humor pokes fun at arrogance and well illustrates the condition of blindness that can come from a lack of humility.

Upcoming Events

Strong Bonds Retreat @ Myrtle Beach, 14-15 July, 2006
Strong Bonds Retreat @ Myrtle Beach, 28-29 July, 2006
For more information, please contact:

SFC Evans @ 396-6178



Dragon Medics Newsletter, July 2006

Reenlistments



CPL Ana Perez, A CO, 32ND Med Log is congratulated by CPT Elaine Morrison.



SPC Joe John Gomez Jr., 28th CSH is congratulated by CPT Mark Mellott.



SGT Janie Phillipson, 56th Med Co is congratulated by LTC Scott B. Avery.



Reenlistments

Congratulations to the following Soldiers for reenlisting during the month of May:

SPC Ginger Owens, 249th GH, PV2 Nicholas Hagedorn 248th Med Det, SGT Ryan Jewell, 249th GH, SPC Eric Claudio, A CO, 32ND Med Log, SSG Joseph Egwuonwu, HHD, 261ST ASMB, SGT Jeffrey Page, 602nd ASMC, SGT Alicia Falsetta, 602nd ASMC, SFC Silvia McKeller, HHD, 44TH Medcom, SGT Traci Thompson, 56th Med Bn, SGT Maryann Sanders, 56th Med Bn, SGT Andrew Journey, 541st FST, SSG Nequantis Smith, 248th Med Det

Retention News

I'm really excited about being able to provide you with the latest information available in the world of Retention.

I would like introduce the newest member to the 44TH MEDCOM Retention Team. SSG Edward M. Zezlina from Grafton, Ohio. Welcome aboard SSG Zezlina!

There are many exciting things going on in the Army and you should do all that you can to be a part of this excitement. You can control your future by taking the steps necessary to achieve qualification for the reenlistment option that you are desiring. It is important for you to understand that there are minimum qualifications that must be met in order to be allowed to reenlist for one of the 5 available reenlistment options.

Your Career Counselor can be of great help when you are planning for your future. Some things you and your Career Counselor might discuss but not limited to are:

The benefits of staying with the team, applying for reenlistment 24 months upon entrance into the window of eligibility, and applying for the BEAR Program. The 5 Reenlistment Options are, Regular Army Reenlistment Option, Current Station Stabilization Reenlistment Option, Army Training Reenlistment Option, Overseas Assignment Reenlistment Option, and Conus Station of Choice Reenlistment Option.

We look forward to hearing from you!

***SFC Graham 396-9855 or andrea.n.graham@us.army.mil
SSG Zezlina 396-4763 or edward.zezlina@us.army.mil***

RAPID FIELDING INITIATIVE - The CSA's September '03 directive to equip all deploying Soldiers with enhanced capabilities for the Global War on Terrorism (GWOT) initiated the U.S. Army's largest equipment fielding effort since World War II. The operation - the Rapid Fielding Initiative (RFI) - is based on lessons learned during 2002's Operation Enduring Freedom (OEF), and is intended to supplement unit and Soldier equipment with essential capabilities required for success in the GWOT. The program enhances the capabilities of our Active and Reserve Component fighting forces while ensuring Soldier modernization in a systematic and integrated manner that is commensurate with the principles of the Soldier-as-a-System (SaaS) philosophy. Expanded in 2004 to encompass the Operating Army in its entirety, the Program equipped over 600,000 Soldiers through 30 Apr 2006.



RFI Equipment Items for *All* Soldiers





Dragon Medics Newsletter, July 2006

Your Personal Updates (DCSPER):

Additional Dwell Time Info on the ORB

On 15 June 06, the ORB will be deployed with the changes listed below. A daily feed from eMILPO will update TOPMIS II with Dwell Time information.

An expanded Title line replaces Overseas Duty and includes expanded boxes for rows of overseas entries (8 maximum). This information will cover the Overseas Start Date, Overseas End Date, Country of Overseas Assignment, Number of Months Overseas and Overseas Status Code.

The new codes under Number of Tours are explained:

S is for number of Short Tours (no change)

L is for the number of Long Tours (no change)

C is for Combat (new)

O is for Operational Overseas Deployments, non-combat duty (new)

R is for Dependent Restricted Tour (new)

There is no change to DROS (Date Returned Overseas) nor to DEROs (Date Expected to Return Overseas) format.

Dwell Start Date - An expanded box for the eMILPO Dwell Time calculation (time starts the day after returning from a qualifying tour). Dwell time is reported in months and days.

257th Medical Company Dental Service

The 257th Medical Company (Dental Service) has several hails this month. The new XO is 1LT(P) Stewart, the incoming 1SG is 1SG Stevens, two new 63B's arrived – SPC Jenkins and PFC Taylor. In June, thirteen PROFIS dentists joined the 257th for pre-deployment training to include an FTX and Convoy Live Fire training. The Soldiers of the 257th didn't let the weather from tropical storm Alberto dampen their enthusiasm for the training nor the upcoming deployment! During the FTX, dental teams jumped to sites on Fort Bragg to offer dental services, testing their navigational, organizational, and clinical skills.



"Dental Jump Team in Action"

248th VET Detachment

June is Adopt a Shelter Cat Month:

Help make this the most successful Adopt a Shelter Cat Month ever. More than 60 million American families have experienced the joy of bringing the pet into their homes and lives. Did you know....

-Cats are the most popular pets in America, numbering about 75 million; dogs follow at 60 million. Parakeets run a distant third at 14 million.

-Two in five pet parents say they have more photos of their pets than they do of their spouses.

-.94% of pet parents say their animals make them smile at least once a day.

-The life expectancy of a cat has gone from 8 years in 1930 to 16 years today.

To learn more about feline care and the joy of adopting a shelter pet, go to www.asPCA.org and visit your post shelter or local shelter today.

The Soldiers of the 248th Med Det (VS) recently completed the Dragon Vet Program STX train up and testing. The Dragon Vet Medallion is highly coveted and only available to those Soldiers assigned to the 248th. The testing consisted of:

12 Mile Roadmarch
4 Mile run within 36 minutes
Valid APFT
Weapons Qualification
Land Navigation Course
5-91T MOS tasks
5-91R MOS tasks
5-Soldier Skill tasks
Unit History and Lineage



"The Dragon Vet Soldier Induction Program is designed to quickly orient Soldiers to many of the day to day tasks, METL tasks, and XVIII Airborne Corps standards they will encounter while assigned to the 248th Medical Detachment (VS)". The intent is to stimulate cross-training and demonstrate skill level 1 competency of the unit's two primary MOS categories, so that soldiers can be more capable on the battlefield and work across the full spectrum of missions.

Their present MOS is immaterial. All of the tasks must have a 100% pass rate. The Soldiers being recognized for completing the requirements will be presented the Medallion at a later date. Once a Soldier has completed the program, they will have the satisfaction of knowing they have earned a place in the best unit in the 44th MEDCOM."

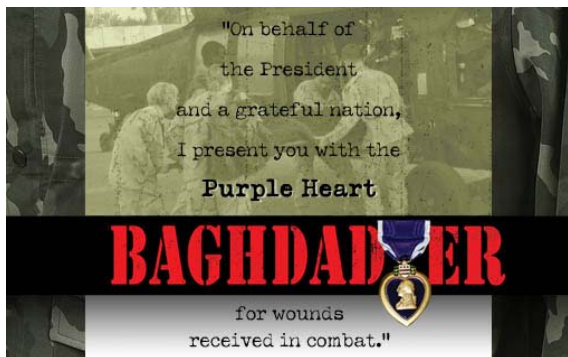




Dragon Medics Newsletter, July 2006

86th Combat Support Hospital

Documentary Pays Tribute to Army Medicine



The HBO documentary, Baghdad ER, provides a glimpse of what life was like inside of the 86th Combat Support Hospital during OIF 04-06. HBO will air the film publicly for the first time on 21 May and then show it multiple times over the Memorial Day Holiday weekend.

Filmmakers Matt O'Neill and John Alpert spent 7 weeks with the unit back in June and July of 2004. Their film shows the unbelievable competence, compassion, and character of the men and women of the Army Medical Department. During the film we see Soldier Medics from the 86th CSH, the 50th and 54th Air Ambulance Companies, the 555th Forward Surgical Team, and the National Guard.

One of the patients shown in the film, SGT Jeffery Beltran, summed it up best when he made the following comment in a recent interview, "The hospital staff was very professional. I think we have the best medical care in the world. The medical units that are deployed over there should be commended because they've saved a lot of lives."

At the end of the day that is the most important thing: the Soldiers, Marines, Sailors, and Airmen have confidence in the medical personnel that support them. The AMEDD is a combat multiplier because those in harm's way know that we will take care of them if they are injured.

CSH Dining Out a Success

On 18 May the 86th held a Dining Out at Cole Park Commons, Fort Campbell, KY. The guest speaker for the evening was the Army Surgeon General, LTG Kevin C. Kiley. BG Philip Volpe and local AMEDD CDRs were also in attendance. Over 300 members of the hospital, the 61st Preventive Medicine Detachment, and the 431st Minimal Care Detachment attended the event.



From the desk of the Thoroughbreds of the 431st Minimal Care Detachment:

This month, the 431st has led the way in the leadership arena with SPC Rebecca Ubert winning the 86th CSH Battalion Soldier of the Month Competition, and successfully attained her promotable status during the E-5 promotion board. We had 2 promotions this month. PFC Amy Rice was promoted to SPC on 1 May 2006. PV2 Christina Bellomo was promoted to PFC effective 9 May 2006. These are 2 outstanding Soldiers and were most deserving of these promotions. The 431st is taking it, "To the Streams," with a company fishing trip to Russellville, KY. This will be a team building exercise to promote Espirit de Corps. GO THOROUGHBREDS!!!!!!

Great Accomplishments

Congratulations to the following Eagle Medics who received awards this month!

CPT Dial	ARCOM
MSG Cravey	ARCOM
SFC Plummer	ARCOM
SSG Damm	ARCOM
SSG Gilkey	ARCOM
SGT Guardia	ARCOM
SGT Reynolds	ARCOM
SGT Bracknell	ARCOM
SGT Zielske	ARCOM
SPC Busbee	ARCOM
SPC Flores	ARCOM
SPC Shelton	ARCOM



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9th Area Medical Laboratory



Unit History

The 9th Medical Laboratory was activated during the latter months of 1943. In early 1944 the unit began operations in northeastern India to support the India-Burma and China Theater of Operations. The unit served in both the India-Burma and the China Theaters until October 1945, when it ceased operation. For its important contributions to the India-Burma Theater in the face of great difficulty, the 9th Medical Laboratory was awarded the Meritorious Service Unit Plaque on 5 June 1945. The 9th Medical Laboratory participated in 15 Vietnam War campaigns and was awarded three more Meritorious Unit Commendations for exceptionally meritorious service in support of military operations in the Republic of Vietnam during June 1966-April 1967; January 1970-April 1971; and June 1971-February 1972. The 9th AML was inactivated upon return from Vietnam. On 16 September 2004 the unit was again activated at Aberdeen Proving Ground, Maryland.

Unit Mission

Deploy worldwide to conduct health threat surveillance for biological, chemical, radiological, occupation/environmental health and endemic disease threats at the theater level to protect and sustain the health of the force across the full spectrum of military operations and be capable of providing tailored teams.



FRG members and Soldiers enjoy an evening meal at the 9th AML FTX

Great Accomplishments

Congratulations to the following 9th AML Soldiers!

New Arrivals:

SSG Eimee Cotto	May 06
SGT Alex Quanon	April 06
SPC Linda Yowell	May 06

Departures:

SGT Josh Bruce	ETS (MEB)
SGT Sharon Castro	ETS (MEB)
SGT Dimenya Benard	Ft. Wainwright, AK
SGT Paul Miller	Ft. Riley, KS
SPC Sean Oliver	WRAMC, D.C.

Awards

SGT Paul Miller	ARCOM
SPC Sean Oliver	ARCOM

Selected for 9th AML NCO/Soldier of the Year:

SSG Cynthia Walker	NCO of the Year
SPC Phineas Jackson	Soldier of the Year

The Latest and Greatest



SPC Sean Oliver receives the Army Commendation Medal from COL Logan at the farewell cook-out.

The 9th Area Medical Laboratory is enjoying a busy start to the summer. We recently completed qualification ranges for the 9mm and M-16 weapons, APFT testing, and driver improvement training. We participated in two situational training exercises as well as several opportunities for technical laboratory training both at Aberdeen Proving Ground and Ft. Detrick, Maryland.

Our Family Readiness Group members enjoyed a dinner out at our field training site during the final night of our FTX as well as lunch with the Soldiers at our June farewell cookout.

"One Team" HOOAH!



Dragon Medics Newsletter, July 2006

32d MEDLOG BN



(Above-Soldiers from A CO and HHD, 32d MED relearn the art of "Field Living", establishing life support at FOB Latham in clear skies [TOP] and in the pouring rain [bottom]).

Great Accomplishments

- SPC Melton – 44th MEDCOM Soldier of the Year; SGT Magar, 44th MEDCOM NCO of the Year Runner-up
- SSG Kaer – Participated in EFMC at Fort Sam Houston
- 2LTs Covington, Coleman and Crosby graduate OCS
- WO1s Magana and Nelson graduate WOCS

32d MEDLOG FTX a Resounding Success!

32d Medlog Bn (FWD) recently completed Operation First Look, a demanding 7-Day Field Training Exercise that took place at several training areas throughout Fort Bragg.

For questions and/or comments regarding this newsletter, please contact SGS at 910-396-8781 / 4684.

(cont from bottom of page) the FTX, which closely replicated the battalion's mission profile in the Iraq Theater of Operations, exercised most of the battalion's wartime functions; simultaneously it was the first time since pre-deployment training in 2004 that 32d had been to "the field". "There was a lot of relearning old standards" says CPT (P) Scott Daulton, Operations officer for the BN, "mixed in with a lot of training for the mission that we're preparing to take over— again."

The FTX began on 31 May with a Battalion alert and consisted of operations in and around a Forward Operating Base in which the BN practiced Optical fabrication, blood missions, command and control and Forward Distribution Team (FDT) operations from remote sites around the post. FIRST LOOK culminated on 6 JUN with a battalion mission that exercised all functions at "run speed". Despite being dogged by foul weather throughout, the Soldiers of the 32d Medlog conducted an outstanding training exercise and demonstrated their readiness to resume mission in Iraq this fall.

(Below- 32d Medlog Soldiers take a break from the sweltering heat during infrastructure ops, 1 June. Enforced work-rest cycles and leader supervision are all part of preparing for the brutal Iraqi summers)





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261st Multi-Functional Medical Battalion (Airborne) – Spearhead Medics

261st MMB

The 261st MMB would like to welcome our newest unit, the 541st FST coming to us from the 28th CSH. They have recently been added to our Battalion and we look forward to working with them.

We would also like to welcome our new, incoming Battalion Commander, LTC Frank Christopher. He will become a part of our team on 7 July at the Battalion Change of Command. Our Battalion is full of newcomers as well also welcome, MAJ Rigdon and his family as well as CSM Dennis, our new CSM. This new command group has hit the ground running and the Battalion will continue to accomplish bigger and better things as we prepare for missions and future deployments.

HHD, 261st ASMB

We kicked-off this month's activities with a Company-level FTX showcasing our combat readiness. After tons of fun through rain and shine, the Soldiers and families of HHD gathered for an FRG event at Fantasy Lake. All in all, it was a great day for the Spearhead Medics to enjoy some games and fun. HHD would like to congratulate our very deserving Soldiers on their promotions. The Company gathered to watch SPC Turner, SPC Pintos, and SPC Platero pin on their newly-earned rank – outstanding achievements by all!



Fantasy Lake Water Park...HHD had a great time.

SFC John Blas playing for the HHD Soldiers at our FRG BBQ at Fantasy Lake.



36th ASMC (ABN)

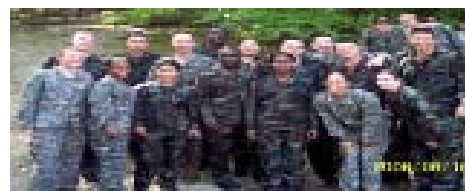
This will be my final newsletter as the commander of this fine company. As always, it has been a full and exciting month at the 36th. Congratulations to SGT Perez who competed at the Expert Field Medical Challenge at Ft Sam Houston and finished 10th out of 37 contestants! We completed some great training events at Sergeants Time as well as CTT testing for the company. The big event for the month was the FT Bragg Army Birthday 10 Miler Medical Coverage. Congratulations to 1LT Carmichael who finished third overall and first in his age category. PFC Starkey was promoted to SPC and we said goodbye to some great NCO's and soldiers: SGT Arnold, SGT Fuchigami, and SPC Martinez. It has been *36th ASMC at the MG William C. Lee Airborne Museum* an exciting two and a half years here at the 36th working with some of the best soldiers, NCO's and Officers of my career. They are an outstanding company that will continue to do great things in the future. Airborne, All the Way, ROCK 6 out.



550th ASMC

The Renegades are doing great things while up at West Point this summer between pulling 24 hour coverage at the TMC to Running the First Aid lanes and also working hand and hand with the cadets. With all of this hard work we still are able to put in the fun such as the slide for life, movies and going to New York City. The 550th would like to say "Thank You" to all of the families and friends who have been supporting us while we are up in New York. All of your thoughts and well-wishings are appreciated. We are getting in some great training, but look forward to coming home in a few months!

550th ASMC group picture after the slide for life



155TH Med Det (PM)

This was a busy month for the 155th MED DET. First of all, the unit completed a very successful and challenging Situational Training Exercise which tested the Soldiers' ability to provide preventive medicine support and conduct convoy operations. SSG McCabe and SSG Jean are at BNCOC at Fort Sam Houston, TX and we wish them the best of luck in the course. We would like to announce that SGT Ashley Bell has joined the 155th MED DET. She is coming to us from the 154th MED DET in South Korea. We are very happy to welcome another high speed NCO into the unit. We all look forward to serving with her. Finally, thanks again to all the support we receive from our families. We could not do it without you.



155th PM doing a Tick Drag While at Sergeant's Time Training

528TH Med Det (CSC)

The 528th is back in the swing of Garrison life, doing training schedules, preparing for a change of command with CPT Avery Carney taking over on the 26th of June. This goes along with many changes. LTC Marrs is on her way to the AMEDD Center and School, to be followed by MAJ Deborah McCoy after her attendance at ILE. More changes are coming. SSG (P) Gilroy has moved onto a leadership role in the 261st MMB, SGT Thomas has taken a position in the battalion S3 shop, and SPC Amanda Droll-Warnock, has become the BC's driver. Excellent soldiers of the 528th are contributing and supporting the battalion.

Our hail and farewell went well, SGT Douglas Warnock will ETS as will SGT Amy O'Brien.

SGT Hutsell will PCS to Fort Rucker. SGT Miller, at the warrior leaders course, will PCS to Georgia and SGT Sharp to Ft. Jackson. These soldiers have contributed, grown and are moving on to bigger and better things. They will be missed.

Maj Deborah McCoy receiving PCS Award



For questions and/or comments regarding this Battalion, please contact 1LT Girsch, BN S-1 at 396-9540 or carrie.girsch@us.army.mil



Dragon Medics Newsletter, July 2006

56th Evacuation Battalion

The 56th Medical Evacuation Battalion conducted a ceremonial inactivation of the 498th Medical Company (Air Ambulance) on 16 May 2006 at Lawson Army Air Field, Fort Benning, Georgia. The guest speaker for the ceremony was LTC (Retired) Joe Madrano, the first commander of the 498th as an air ambulance company. LTC Joe, as he prefers to be called, is a former B-26 pilot in World War II but best known as a pioneer in the field of medical evacuation – he deployed the 498th to Vietnam and has been centrally involved with the “498th Association” since joining the unit. LTC Joe started his remarks by saying, it’s a sad day. I was there for the 498th’s birth, and I’ve been invited back to speak at its funeral.”

The history of the 498th actually dates back to 1941 when it was called the 498th Collecting Company. But shortly after the WWII, the company inactivated for the first time. After two more activations and inactivation's, the unit was activated as an air ambulance company at Fort Sam Houston, Texas, in September, 1964 with LTC Madrano in command. The 498th spent the last 35 years at Fort Benning. Effective July 15, it will become C Company, 3rd General Support Aviation Battalion, 3rd Infantry Division, stationed at Hunter Army Airfield in Savannah. While at Fort Benning, the unit deployed to Operation Desert Shield/Desert Storm, Hurricane Mitch relief efforts in Central America, Operation Uphold Democracy in Haiti, Operation Joint Guard in Bosnia, and Operations Iraqi Freedom I and II in 2003 and 2004. In its most recent tour in Iraq, from March 2004-March 2005, the 498th, then under Major Terence McDowell, flew 1,248 missions, airlifting 2,256 casualties. The crowning achievement of the 498th was their deployment to Hurricane Katrina and Rita relief efforts in Louisiana and Texas in September and October, 2005.

"Someday," LTC (Ret) Madrano told the crowd, "when your grandson or granddaughter asks you what you did during the war, tell them that you served with a unit that flew into battle and evacuated the wounded. There's no more noble mission than that."



498th Medical Company (AA) conducts a ceremonial inactivation on 16 May 2006 at Fort Benning, Georgia.

14th Combat Support Hospital

Message from 14th CSH, FOB Salerno, Afghanistan

May turned out to be a very busy month for FOB Salerno Hospital personnel. There were numerous events throughout the month that proved rewarding for all personnel, both in boosting morale and bonding as a family.

The month started off with a joyous welcoming back of several members who had pushed forward in support of Operation Mountain Lion. Members included: LTC Bruce Schoneboom, CRNA, MAJ Renee Thai, Surgeon, SGT Cory Shepherd, 91W, SGT Sara Johnson, 91D, and PV2 Joel Penalba, 91D. CPT Ekerette Apkan remained forward to assist the Forward Surgical Team during Rest and Relaxation staff shortages and returned 25 MAY.

The week of 6 – 12 MAY, the detachment celebrated National Nurses Week, hosting several activities honoring the Nurses stationed here at FOB Salerno. Activities consisted of an Ice Cream Social, a Cake Ceremony, and BBQ. Several units from across the FOB, Charlie Med, KBR Fire Department, the aviation battalion, 4-25 Field Artillery Command Sergeant Major, came to show their appreciation for the outstanding job the nurses do in caring for soldiers and civilians.

On 21 May, CPT Lori Johnson re-enlisted her husband, SGT Jeremy Johnson via Video Teleconference. SGT Johnson is currently deployed in support of Operation Iraqi Freedom with 47th Forward Support Battalion, 1st Armor Division.



CPT Lori Johnson, ICU Nurse, re-enlists her husband, SGT Jeremy Johnson.



The nurses of the 14th CSH, FOB Salerno Detachment:

First Row: SPC Melissa Martinez, SPC(P) Keitra Miller, MAJ Elizabeth Vinson, CPT Lori Johnson Second Row: PV2 Christopher Sanford, SPC Greg Waleski, CPT Tony Benjamin, CPT(P) Tanya Sanders, SSG Gwendolyn Lassiter, SPC Rebecca Soto, Back Row: SGT Clint Turner, SFC Juan SanchezMartinez, SGT Mbongeni Buthelezi, SGT Frank Corso, SGT Ronald Payne, CPT Karen Shelton, MAJ John Stas (Not pictured) LTC Bruce Schoneboom, CPT Ekerette Apkan, SGT(P) Christopher Shepherd, SGT Sara Johnson, and PFC Joel Penalba)



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28th Combat Support Hospital



May was a very busy month for the China Dragons. Having just returned from a very successful mission rehearsal exercise at the Joint Readiness Training Center at Ft. Polk LA, the mighty 28th was faced with recovering its field equipment while simultaneously conducting change of command inventories for all three companies, HHD, A CO, and B CO. Part of this entailed sending a team to the Sierra Army Depot in California to perform maintenance on and inventory the 164-bed hospital company equipment that is stored there under the AMEDD's Hospital Optimization and Standardization Program (HOSP). The team consisted of the A CO supply sergeant, the medical maintenance section, the hospital maintenance technician, and the outgoing and incoming A CO commanders.



Also in May, the 28th CSH CSM and S-3 conducted a pre-deployment site survey (PDSS). The purpose of the trip was to gather information to help the unit prepare for its upcoming deployment. During the course of the trip, they visited Camps Arifjan and Boehringer in Kuwait, Camp Victory in Iraq, and the international zone in Baghdad. This involved a week-long visit with the 10th CSH, which the 28th will relieve in place. During this time, they toured the hospital and gathered valuable lessons learned from the hospital staff. They were also treated to a tour of the international zone.

New Arrivals

The 28th CSH wishes to welcome the following newly assigned China Dragons!

63B PV2 MCCULLOUGH, CHANELL M.
91S SPC MENDEZ, PAUL A.
91W SPC AARON, ALFRED T.
52C SGT THOMPSON, RICHARD
25F PV2 MOON, JASON B.
91S PV2 BENTLY, LAURON
52C PV2 AUVON, CHRISTOPHER
52C PV2 HICKS, BRETT T.
91W PV2 MONTERO, GERALD
91W PV2 MONTERORODRIQUEZ, GERALD P.
91W PFC SIMMONS, VERNARDO
91W PFC WOODS, CHRIS
91W PV2 MCHALFFEY SHAUN CLINTON
91W PV2 BRYANT CORY JOSEPH
91W SPC GLOVER, BILLY
52C PV2 MARRERO, CHRISTEN
91W SPC MILCARSKI, MATTHEW

Farewells

The 28th bids a fond farewell to it's commander, COL Joseph Carvalho Jr, its chief nurse, COL Theresa Sullivan, its executive officer, LTC Brian Longmuir, and two company commanders, CPT Matthew Pierce and CPT Jonathon Boy. COL Theresa Sullivan will be moving to Ft. Leonard Wood Missouri to take command of General Leonard Wood Army Community Hospital. LTC Brian Longmuir will PCS to Ft. Lewis and be assigned as the resource manager for Western Medical Region. CPT Matthew Pierce will be reassigned to the AMEDD Center and School, Ft. Sam Houston, Texas. CPT Jonathon Boy will be reassigned to AMEDD recruiting in Memphis Tennessee. COL Joseph Carvalho Jr., the outgoing commander of 28th CSH, will be reassigned on Ft. Bragg as the command surgeon for U.S. Army Special Operations Command. We thank him for his outstanding leadership and dedication to the soldiers of the 28th CSH, and we wish all these outstanding officers good luck in their future assignments. They will be sorely missed.

.....China Dragons!



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249th General Hospital (Caretaker)



Unit History

The 249th General Hospital was organized on 22 March 1918 in the National Army as Evacuation Hospital No. 10 at Fort Riley, Kansas and later demobilized on 13 June 1919 at Camp Devens,

Massachusetts. The unit was reconstituted 6 November 1936 in the Regular Army and consolidated with the 10th Evacuation Hospital to be later activated at Fort Knox, Kentucky on 10 February 1941. The unit was reorganized and re-designated as the 363rd Station Hospital on 28 October 1943 and later as the 249th General Hospital on 15 October 1944. The unit was inactivated on 10 July 1946 in the Philippine Islands to be later activated on 1 June 1958 at Fitzsimmons Army Hospital, Colorado. The unit was again inactivated on 26 March 1963 at Fitzsimmons. The 249th General Hospital was re-activated at Ft. Gordon, Georgia on 16 September 1994 as a Caretaker Hospital and remains in that configuration today. The units Combat Campaign Participation Credits include: the Meuse-Argonne during WW I; Papua, New Guinea and Luzon during WW II. The unit also recently participated in Operation Enduring Freedom VI. Unit citations include the Presidential Unit Citation, Meritorious Unit Award and the Philippine Presidential Unit Citation.

Awards, Promotions and Re-enlistments

Congratulations to the following 249th Soldiers!

NCO Of The Month:

SGT Lagarde

Promotions:

CPT Hollingsworth

SSG Windham

SPC Ponder

SPC Mihalko

PFC Braboy

PFC Roach

WLC:

SGT Young J. Commandant's List

SPC Hammock Commandant's List

SPC Miller Commandant's List

THE LATEST AND GREATEST AROUND 249TH GENERAL HOSPITAL

SGT Jewell, SPC Owens and
SPC Hankins

Reenlisted on May 19, 2006





Dragon Medics Newsletter, July 2006

249th General Hospital (Caretaker)

249TH General Hospital's

EO Representative

SGT Coston, SSG Amazona, SSG Cabrera



For questions and concerns call
(706)- 791 - 8472

Reenlistment NCO

SGT Turner



For questions and concerns of reenlistment
Call (706)- 791- 8472

249th General Hospital's May 18, 2006 FRG & HAIL AND FAREWELL



The 249th says goodbye and best of luck to:
Pictured
SGT Williams, SGT Riccio, SGT Hall, SGT Hoy,
SGT Hogan, and SSG Cardenas
Not pictured
SFC King, SFC Cade, SPC Hankins, and SPC Jenks

Thank you for a job well done.



Dragon Medics Newsletter, July 2006

249th General Hospital (Caretaker)

Good Deed of the Month

We would like to thank SGT William Hoy for a job well done for stopping and rendering EMT care at the scene of an accident that took place in Richmond, VA. He was the first on the scene and rendered medical care until EMS services could arrive. His patrons were greatly appreciative.

ARMY HOOAH!!!! RUN

The following Soldiers participated in the 10k Army's Birthday Hooah run At Fort McPherson
SPC Munoz (pictured centered) won first place overall in her age group
SSG Lee and SGT Ocasio



WHAT THE THREE R'S MEAN



SPC Brown
READY
Always prepare for any situation
RELEVANT
Pertains to mission on site
RELIABLE
Always able to depend on



SSG Doherty
READY
Able to deploy at any given time
RELEVANT
Training relevant to our mission
RELAIBLE
Reliable on any mission we receive

249th General Hospital's May 18, 2006 FRG & HAIL AND FAREWELL

We say hello to the following soldiers and their families at the monthly FRG, Hail and Farewell.

SPC Rafford, SPC Upton, SPC Minoie, SPC Arocha,
SPC Martinez, SPC Rodriguez, SPC Way, PVT White,
SGT Barry, PVT Lewis, SPC Spearman



Welcome to the family!!!



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1st Area Medical Laboratory (AML)



FTX

The 1st AML conducted a FTX from 30 May to 9 June on Weide Army Airfield at Aberdeen Proving Ground, MD. The exercise included tactical as well as scenario driven technical training. The exercise scenario involved a

1st AML at Weide AAF



SFC Gibson prepares samples for testing



Tech Escort delivers live chemical agent samples

notional deployment to Panama following a terrorist attack on shipping in the Panama Canal. The Occupational and Environmental Health section was tasked to complete a baseline environmental survey for a proposed FOB, including air, water, soil and radiological surveys. The Endemic Disease section received numerous unknown samples to identify including Eastern, Western and Venezuelan equine encephalitis, *Brucella*, intestinal parasites, blood samples for malaria diagnosis, and numerous bacteriological samples. The Chemical analysis section was exercised with blood samples for cholinesterase testing, unknown toxic industrial chemicals and chemical agent samples from a Tech Escort unit delivered by helicopter. An internal local area network was established to allow message traffic between the analytical sections, notional units submitting samples and the TOC. The unit's Sample Receiving area was established and Soldiers worked through numerous issues involving processing samples and maintaining chain of custody documentation. External observer/controllers from USAMRIID, USACHPPM and USAMRICD provided samples and directed portions of the scenario. Overall, the Soldiers and PROFIS officers found the exercise to be challenging and a great improvement over last year's effort.

ARMY Birthday Run



The 1st and 9th AMLs combined forces to celebrate the Army's 231st birthday with a 2-mile fun followed by a rousing rendition of happy birthday and a cake cutting ceremony. As the senior and junior persons present, COL Gordon and PFC Fisher of the 1st AML had the honor of cutting the cake.

1st AML Officers Visit the USNS Comfort

The officers of the 1st AML participated in an OPD in conjunction with the APG Silver Caduceus Society trip to Baltimore Harbor to tour the USNS Comfort on 15 June. BG



Michael Cates, USACHPPM Commander, led the trip. The Comfort, based in Baltimore, has a world-wide mission to provide rapid, flexible, and mobile acute medical care to support a Marine air/ground task force (MAGTF) deployed ashore, Army and Air Force units deployed ashore, and naval amphibious task forces and battle forces afloat. It also has a mission to provide humanitarian assistance and was deployed in to New York City following the 9/11 attacks and to the US Gulf coast following hurricanes Katrina and Rita.

Hail and Farewell

Welcome to the following 1st AML Soldiers:

MAJ Mike Walter
SSG Jose Cotto
SGT Jameeka Stevenson

1LT Mark Walker
SGT Jason DiGangi
SPC Chester Lint

Welcome back from Iraq

SSG Ashley Kiil

Farewell to:

MAJ Greg Kimm
CPT Don Wenzlick
SSG Lupita Taoete

For questions and/or comments regarding the 1st AML, please contact 1LT Mark Walker, S3 at 410-436-7261.

POC: CPT Robyn Klein (robyn.klein@us.army.mil)



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6th Medical Logistics Management Center

6MLMC Soldiers Observe the Army's Birthday

On 14 June 2006, to honor the 231st Army Birthday, Soldiers of the 6th Medical Logistics Management Center attended the Cake Cutting ceremony and the Pentagon in Washington D.C. The trip was organized by CW3 Michael Caselle, and provided an excellent opportunity for unit Soldiers to experience first-hand the workings of the Pentagon and to reaffirm the Warrior ethos and Army values. During the ceremony, the soldiers heard remarks from General Peter J. Schoomaker, Chief of Staff of the Army; the Honorable Francis J. Harvey, Secretary of the Army; and the Honorable Donald H. Rumsfeld, Secretary of Defense. The soldiers joined in the singing of the Happy Birthday song led by SMA Kenneth O. Preston, Sergeant Major of the Army. 6MLMC soldiers had the opportunity to enjoy the birthday cake and to personally meet and shake hands with the dignitaries in attendance.

Completing the observance of the Army birthday, unit Soldiers returned to Fort Detrick and witnessed the Fort Detrick cake cutting and retreat ceremony held on the Blue and Gray field.

Training Highlights

The past month saw 6MLMC soldiers complete numerous key training events. During the Battle Assembly weekend, unit soldiers participated in Drownproof training conducted at the CPT Jennifer J. Shafer Odom Fitness Center. Training included surviving in water while in uniform, LBE, Kelvar helmet, rucksack, and individual weapon. Additionally during the Battle Assembly weekend, soldier teams were tasked with traveling to distant points on the installation, setting up VSAT systems, and completing tasks including sending email, sending voice messages via VOIP telephones, and transmitting medical supply orders using the TCAM application.



Automated systems training highlights conducted over the past month included providing TCAM training to the 1st MEDLOG Company, U.S. Marines at Camp Pendleton, California, providing DMLSS-ETM training assistance to the USAMRIID at Fort Detrick, and supporting the 32d MEDLOG Battalion FTX. 6MLMC soldiers also provided MEDLOG systems expertise in support of DCAM software validation and the AMC-FAST Team Orientation.

Unit soldiers attending schools during the past month included SGT Stephens completing the WLC course, PFC Morgan completing the NBC Course, and SGT Kim completing the SAMS-E course, all conducted at Fort Bragg.

Change of Responsibility

On 8 June 2006, the 6MLMC conducted a Detachment Change of Responsibility ceremony between MSG Vincent M. Herrington and SFC Robert Pringle. MSG Herrington will be reassigned to the 16th MEDLOG Battalion in Korea. SFC Pringle assumes the duties as Detachment Sergeant moving from the Medical Equipment Maintenance NCO position within the unit's Medical Maintenance Division.

Hails and Farewells

Hails

SGM Johnson --- From Sergeant Majors Academy, Ft Bliss

Farewells

MAJ Haddad --- PCS to USAMMA, Fort Detrick

MSG Herrington --- PCS to 16th MEDLOG Battalion, Korea

SFC Richardson --- Retirement

SGT Hilton --- ETS

SGT Ayai --- ETS

SGT Stephens --- PCS to MFO, Sinia, Egypt





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History of the American Flag



On January 1, 1776, the Continental Army was reorganized in accordance with a Congressional resolution which placed American forces under George Washington's control. On that New Year's Day the Continental Army was laying siege to Boston which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternate red and white stripes and the British Union Jack in the upper left-hand corner (the canton). In May of 1776, Betsy Ross reported that she sewed the first American flag.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

Executive Order of President Eisenhower dated August 21, 1959 - provided for the arrangement of the stars in nine rows of stars staggered horizontally and eleven rows of stars staggered vertically.

Today the flag consists of thirteen horizontal stripes, seven red alternating with 6 white. The stripes represent the original 13 colonies, the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.



The flag, when flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. By "half-staff" is meant lowering the flag to one-half the distance between the top and bottom of the staff. Crepe streamers may be affixed to spear heads or flagstuffs in a parade only by order of the President of the United States.



When the flag of the United States is displayed from a staff projecting horizontally or at an angle from the window sill, balcony, or front of a building, the union of the flag should be placed at the peak of the staff unless the flag is at half-staff.



When the flag is used to cover a casket, it should be so placed that the union is at the head and over the left shoulder. The flag should not be lowered into the grave or allowed to touch the ground.



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AMEDD BALL

2006 Fort Bragg Army Medical Department Regimental Ball

*“Celebrating 231 Years of
Military Medicine on Freedom’s Frontiers”*

**Special Guest
LTG Kevin C. Kiley, M.D.
U.S. Army Surgeon General
Commander, U.S. Army Medical Command**

Entertainment by the 82nd Airborne Division Chorus

**Friday, 28 July 2006
Fort Bragg Officer’s Club
1730 hours**

**Limited Tickets Available
See Your Unit Representative to Purchase**

Dinner Selection



**Boursin Stuffed Chicken Breast with Sundried Tomato Sauce
Herb Crusted Prime Rib
Vegetarian Lasagna**

Ticket Price

**E1 – E5, GS1 – GS6: \$20
E6 – E7, GS7 – GS8: \$25
E8 – above, GS9 and above: \$30**

Attire

**Military: Semi-Formal
Civilian: Black Tie**



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ARMY 10- Miler

Fort Bragg hosted their annual Army 10-Miler on 9 June 2006. Congratulations to the following MEDCOM Soldiers for participating in the run.

44th Medical Command Soldiers

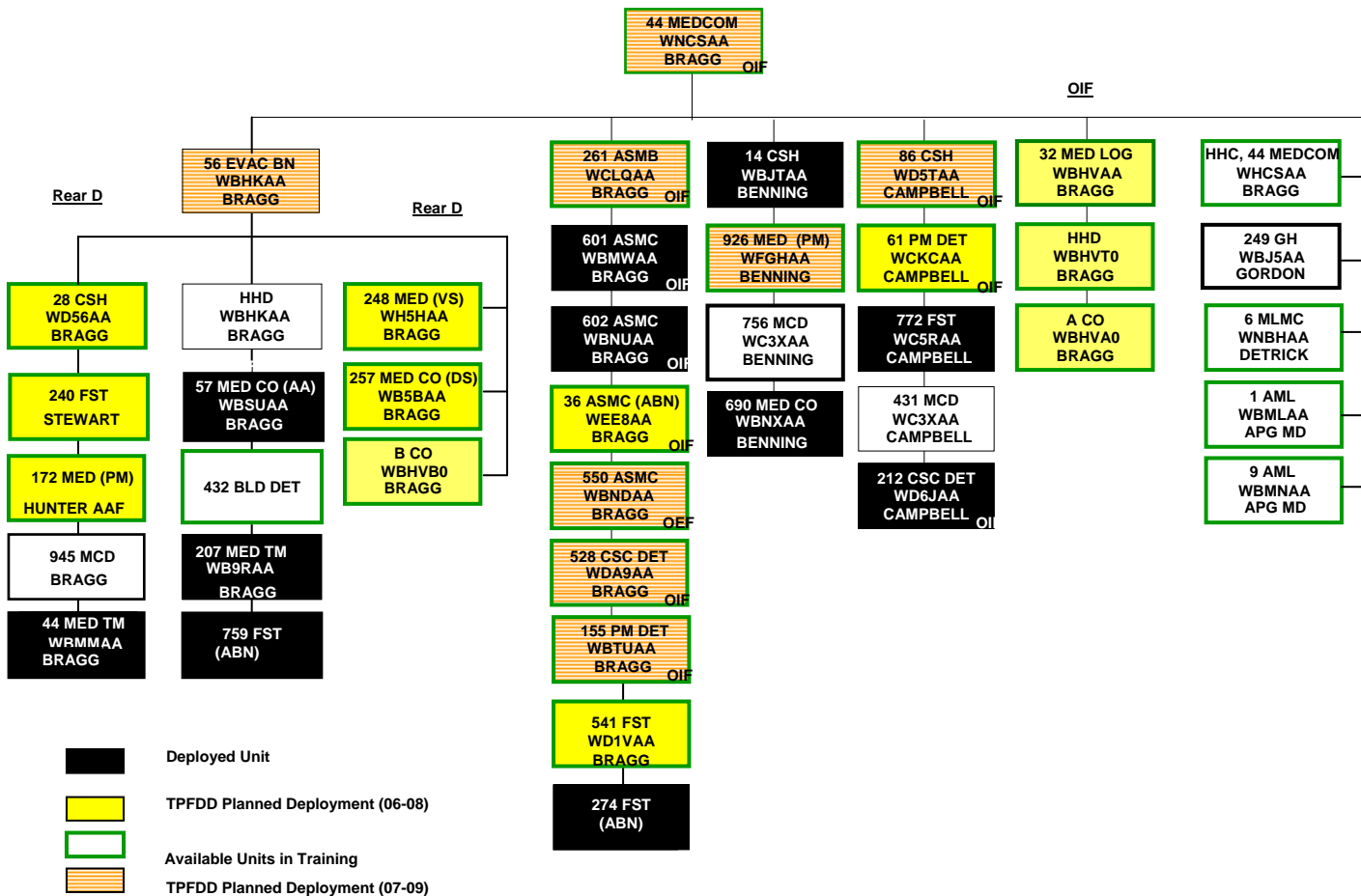
Jaime Carmichael (36th ASMC)	Christian Guierrez (248th)
Daniel Moore (HHC 44th MEDCOM)	Sherman Baker (HHC 44th MEDCOM)
Joel Davis (248th MED)	Robert Schlau (32nd MED LOG)
Luis Medina (28th CSH)	Shawn Williams (28th CSH)
Rachell Mandell (HHC 44th MEDCOM)	Ofelia Gutierrez (28th CSH)
Luis Mendoza (32nd MED LOG)	Michael Rogers (28th CSH)
Gilbert Sampson (28th CSH)	Alex Galarza (56th MED EVAC)
Brandon Peer (528th CSC)	Deborah McCoy (528th CSC)
Erin Edgar (28th CSH)	Douglas Warnock (528th CSC)
Eric Morgan (HHC 44th MEDCOM)	Dean Santoli (248th MED)
Thomas Geiger (36th ASMC)	Ike Igwe (248th MED)
Heather Kness (56th MED EVAC)	Kristen Pack (28th CSH)
Michael Knapp (248th MED)	Robert Boler (56th MED EVAC)
Avery Carney (528th CSC)	Rebecca Hicks (56th MED EVAC)
Michael Fielder (248th MED)	Kelsha Weaver (32nd MED LOG)
Chad Schreiner (HHC 44th MEDCOM)	Julia Guevara (32nd MED LOG)
Mitchell Del Valle (32nd MED LOG)	Liliana Morales (32nd MED LOG)
Lavonne Hudson (HHC 44th MEDCOM)	Ralph Polk (32nd MED LOG)
Philip Volpe (HHC 44th MEDCOM)	Alfred Varon (28th CSH)
Jose Pazrivera (248th MED)	Robert Vanhoose (32nd MED LOG)
Adam Haymaker (HHC 44th MEDCOM)	Kevin Lamer (HHC 44th MEDCOM)
Miguel Reyna (HHC 44th MEDCOM)	Arabia Alexander (28th CSH)
Daniel Magar (32nd MED LOG)	Patricia Ledford (HHC 44 th MEDCOM)
Ashleigh Russell (HHC 44th MEDCOM)	Jerome Rogers (HHC 44th MEDCOM)
Matthew Smith (28th CSH)	Nancy Ferguson (HHC 44th MEDCOM)
Darren Mikos (56th MED EVAC)	Ashley Worlock (HHC 44th MEDCOM)
Shaun McLean (32nd MED LOG)	Justin Nichols (32nd MED LOG)
Christina Wood (28th CSH)	Julia Jones (28th CSH)
Dara Thompson (56th MED EVAC)	Aaron Fox (36th ASMC)
Mayowa Miller (56th MED EVAC)	Tristan Hartfield (28th CSH)
Christopher Campbell (32nd MED LOG)	Alexis Shilley (56th MED EVAC)
Melissa Stanfa-Brew (HHC 44th MEDCOM)	Zachary Ryther (36th ASMC)
Roy Goldsberry (248th MED)	Raulina Vargas (32nd MED LOG)
Crista Campos (32nd MED LOG)	Patrick Daulton (32nd MED LOG)
Staci Hopkins (248th MED)	Michelle Cloak (32nd MED LOG)
Daniel Vickers (248th MED)	Reynaldo Lara (28th CSH)
Tim Francis (261st ASMB)	Herbert Eady (28th CSH)
Lebaron Bates (28th CSH)	Latrise Meier (28th CSH)
George Shields (248th MED)	John Green (32nd MED LOG)
John Marshall (56th MED EVAC)	Vincent Hall (32nd MED LOG)
Matthew Guy (HHC 44th MEDCOM)	Brandi Stowers (28th CSH)
Salvador Inez (36th ASMC)	Nakiha Reeder (32nd MED LOG)
Mitchell Brew (32nd MED LOG)	Johanna Williams (528th CSC)
Desiree Lloyd (56th MED EVAC)	Bethsaida Encarnaci (32nd MED LOG)



Dragon Medics Newsletter, July 2006

Organization Chart

44th MEDCOM Task Organization



For questions concerning Dragon Medics Newsletter
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